

# The Impact of Food Allergy in the South Side of Chicago

In 2024, FARE (Food Allergy Research & Education) distributed a survey to households managing food allergy in the South Side of Chicago. The key challenges and issues identified are highlighted below.

## Who we heard from

**205**  
Participants

**22%**

Parent/caregiver of  
child with food allergy

**5%**

Parent/caregiver of  
adult with food allergy

**89%**

Adult with  
food allergy

## Highest reported race/ethnicity



**34%**

White

**32%**

Black

**51%**

Latino/ Hispanic

## Household income below poverty line

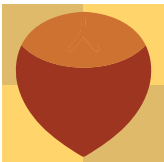
**35%**

## Most common allergens

Shellfish



Tree Nut



Peanut



## Top three concerns

**1** Accidentally eating the allergen

**2** Unlabeled/unclearly labeled food

**3** Cost of epinephrine

## Related conditions



**39%**

Have asthma

**31%**

Have eczema

Learn about how the FARE Neighborhoods Initiative is making a difference in these communities at [foodallergy.org/fni](https://foodallergy.org/fni).

Connect with the FARE Neighborhoods Initiative team at [healthequity@foodallergy.org](mailto:healthequity@foodallergy.org).

## Epinephrine access



54%

Received a prescription

90%

Filled the prescription they received

39%

Had access to unexpired epinephrine within 5 minutes all or most of the time

## Medical care



52%

Diagnosed by an allergist

43%

Visited an allergist in previous 12 months

53%

Visited an emergency department/urgent care center at least once in the previous 12 months due to food allergy

## Food insecurity



29%

Had difficulty obtaining allergy-safe food due to availability in the community

63%

Worried that food would run out before there was money to buy more

49%

Visited a food bank in previous 12 months

## Anxiety



34%

Parents/caregivers who reported anxiety due to their child's food allergy

27%

Children who reported anxiety due to their food allergy

31%

Adults who reported anxiety due to their food allergy

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